

HONOLULU, HAWAII, SATURDAY, JUNE 4, 1910.

## UNCLE SAM'S OWN COOK BOOK

## PARADISE PARAGRAPHS

BY WILL SABIN

Births and arrivals of Japanese in Hawaii are more than the number of deaths and other departures. The Roosevelt wave has hit the Japanese.

No wonder the police cannot find the negro, Anderson Grace, who murdered Mahu and then escaped from the prison gang. It is so easy for a negro to keep dark.

They say now that Grace was seen in Kakaako riding a bicycle without a light. That's against the law, and he should have been arrested.

Alford Finley Thayer's business in Manila is exciting much curiosity. It is learned on good authority, however, that Thayer is working for Thayer.

Alexander Boom Ford declares that Josher Bluffem's interview with him was not authorized by the Spout-Rigger Club. Ford is about to organize an Anti-Bluffem Club. After that he will number his new clubs, instead of giving them names. Alexander believes that a club is the next best thing to wielding the "big stick."

Teddy Roosevelt from Europe and Governor Frear from Hawaii will probably get to New York on the same day, June 18. This is playing both ends against the middle with a vengeance. But New York has stood worse combinations.

Nicola's prison-breaking exhibitions are wonderful, but such stunts are not new in Hawaii.

"Scotty" Meston, with his perpetual Billiken smile, is back in Honolulu to settle and grow up with the country. He says that he and the brother of the late W. C. Peacock, who accompanied him to Hawaii, will start in business here about July 27.

U. S. District Attorney Bobbie Breckons threatens to write a book about Hawaii. This should make some feel nervous. It will not be in the nature of an autobiography, however.

Perelstrous, who solicited Russians to come to Hawaii, be it remembered got \$5 per adult for every person brought to these shores. A five dollar gold piece hath charms to affect a man's opinion in the selection of eligibles for Hawaiian immigration, methinks. As remarked by an official the other day, to look at a prospective immigrant and then to look at a five dollar piece puts the odds too often in favor of the acquisition of the coin.

A queer thing happened before the Federal grand jury the other day. Perelstrous was before the inquisition, and Breckons was conducting an investigation of the Russian immigrant situation. Perelstrous stated that he was an "emissary," and Breckons didn't quite catch the word. "Did you say you were a missionary?" asked Breckons. In his theatrical Russian manner Perelstrous threw up his hands and fairly shouted, "No! No! Nothing like that!"

A motorman who is in love, happened to catch sight of his prospective bride near the capitol switch on King street the other day, and he didn't come out of his romantic trance until he realized that he had forgotten to stop on the switch to let the car from Waikiki pass.

Colonel Roosevelt forgot his manners when, in the Guildhall, London, he undertook to tell Great Britain how to manage affairs in Egypt. He as much as told Johnnie Bull that he didn't know how to run his own household, the while he partook of Mr. Bull's salt. Teddy is the nerviest specimen of the age. If he came to Honolulu he would probably not hesitate to tell our supervisors how to run the city, and he might even go so far as to give Marshal Hendry advice or to tell Charlie Frazier or Spume Ford how to advertise.

## THE BURIAL OF KING EDWARD

Of all earthly pomps, none, surely, can be more impressive than an English state funeral. The serious temper of the English people, and the deep and reverent character of their patriotism, fit them well for dignified and stately ceremonials. Their gigantic capital surpasses in its effect of solemnity and majesty any other city in the world. Its very climate and atmosphere are potent to deepen the awe and reverence of great occasions. No wonder the burials of great men have so often been the theme of the masters of English prose and verse. In the imaginations of us all, when Wellington passes to his long sleep in St. Paul's, the catafalque keeps pace with the slow cadences of Tennyson's "Bury the Duke." Again and again Macaulay's staccato and marching sentences follow poet or statesman or monarch to his last triumph of being laid to rest with every honorable and stirring observance in Westminster Abbey. In Shakespeare's historical plays such mournful pageants are forever sweeping across the page and always to the accompaniment of matchlessly eloquent and inspiring verse. No Tennyson or Macaulay or Shakespeare lives today to catch and immortalize the mood of England as she buries with no ancient form neglected, yet with a grief real and poignant, for all the stateliness of its expression, the best beloved, if not the greatest of her Edwards. But Englishmen everywhere throughout their own vast empire, and in every other land, are drawn together in a fresh impulse of patriotic consecration and make in their heart of hearts a deep response to all the solemn music and slow tramping that attend the king in this his last procession.—Harper's Weekly.

FURTHER POINTERS  
ABOUT FLAVORINGS

FROM U. S. DEPARTMENT OF AGRICULTURE'S FARMERS' BULLETIN 391, "ECONOMICAL USE OF MEAT IN THE HOME," BY C. F. LANGWORTHY, PH.D., EXPERT IN CHARGE OF NUTRITION INVESTIGATIONS, OFFICE OF EXPERIMENT STATIONS, AND CAROLINE S. HUNT, A. B., EXPERT IN NUTRITION, OFFICE OF EXPERIMENT STATIONS.

(CONTINUED.)

FLAVORING VEGETABLES, HERBS, SPICES, ETC.—(Continued from last Saturday.)

Onion juice.—Cookbooks usually say that onion juice should be extracted by cutting an onion in two, and rubbing the cut surface against a grater. Considering how hard it is to wash a grater, this method has its drawbacks. Small amounts of juice may be obtained in the following simpler way: Peel the onion and extract a few drops of juice by pressing one side with the dull edge of a knife.

Green Peppers.—The flavor of green peppers gives an acceptable variety. The seed should always be removed. The peppers should be chopped and added to chopped meat or other meat dishes. Meat mixed with bread crumbs may be baked in the pepper shells and the stuffed peppers served as a separate dish.

Parsley.—It is easy to raise parsley by growing it in a pot in the kitchen window, and thus to have it always on hand fresh, or the leaves may be kept for a long time if sealed in a fruit jar and stored in a cool place. Parsley, mint, and celery tops may all be dried, rubbed into fine bits, and kept in air-tight jars. Recipes usually say to chop fresh parsley with a sharp knife on a board. But a board is a hard thing to wash and a plate serves the purpose quite as well.

Bay Leaf.—Bay leaf is one of the best and at the same time one of the most abused flavors. In small quantities it gives a very pleasant flavor to soups and gravies, but in large quantities it gives a rank, resin-like taste. Remember that half of a bay leaf is the allowance for 3 quarts of soup stock. This will indicate how small a quantity should be used for the portion of gravy usually served at a meal. With this precaution in mind, bay leaf may be recommended as a flavoring for many sauces, particularly tomato sauce.

A Kitchen Bouquet.—A "bouquet" such as is often referred to in recipes may be made as follows: A sprig each of parsley, savory, and thyme, one small leaf of sage, and a bay leaf. This will flavor 1 gallon of soup when cooked in it for an hour and should not remain in it longer.

Horse-radish.—Horse-radish, like mustard, is more often served with meat than used to flavor it during cooking. A very palatable sauce, especially good with boiled beef, is made by adding grated horse-radish and a little vinegar to a little whipped cream, or as follows: Thicken milk with cracker crumbs by heating them together in a double boiler, using three tablespoonfuls of cracker crumbs to 1 1/2 cups of milk. Add one-third of a cup of grated horse-radish, 3 tablespoonfuls of butter, and 1/2 teaspoonful of salt; or thicken with butter and flour some of the water in which the meat was boiled, add a generous quantity (1 or 2 tablespoonfuls) of grated horse-radish, boil a short time and serve. This recipe is the most usual in German homes where the sauce is a favorite.

Acid Flavoring.—Vinegar, lemon juice, and sour jelly, like currant, are often used to flavor the thick gravies which are a part of meat stew or which are served with it. Vinegar is an old-fashioned relish which was often added to bacon or salt pork and greens, pork and beans, corned beef and cabbage, and similar dishes. These flavors combine well with that of brown flour, but not with onions or other vegetables of strong flavor. The idea that vinegar used in small quantities is unwholesome seems to be without foundation.

Pickles.—Chopped pickles are sometimes added to the gravy served with boiled mutton. They are cheaper than capers, and serve somewhat the same purpose. Chopped pickles are also very commonly used in sauces for fish and in many others to give a distinctive flavor.

Olives.—Chopped olives also make a welcome variety in meat sauce, and are not expensive if they are bought in bulk. They will not spoil if a little olive oil is poured on the top of the liquor in which they are kept. The liquor should always completely cover them.

Chili Sauce, Commercial Meat Sauces, etc.—Recipes often may be varied by the addition of a little chili sauce, tomato catsup, or a commercial meat sauce. These may be called emergency flavors and used when it is not convenient to prepare other kinds of gravies.

Sausage.—A little sausage or chopped ham may be used in chopped beef.

Curry Powder.—This mixture of spices, which apparently originated in India, but which is now a common commercial product everywhere, is a favorite flavoring for veal, lamb or poultry. The precaution mentioned in connection with bay leaves, however, should be observed. A small amount gives a good flavor. It is usually used to season the thick sauces with which meats are served or in which they are allowed to simmer. While the term "curry" is usually employed to describe a particular mixture of spices made up for the trade, it has another meaning. The words "curry" or "curried" are sometimes used to describe highly seasoned dishes of meat, eggs, or vegetables, prepared by methods that have come from India or other parts of the East.

India Curry.

1 1/2 pounds veal, 1/2 cup of butter or drippings, 2 onions or less, 1/2 tablespoonful curry or less.

Brown meat either without fat or with very little and cut into small pieces.

Fry the onions in the butter, remove them, add the meat and curry powder. Cover the meat with boiling water and cook until tender. Serve with a border of rice. This dish is so savory that it can be made to go a long way by serving with a large amount of rice. The two onions and one-half tablespoonful of curry powder are the largest amount to be used. Many persons prefer less of each.

In preparing the rice for this dish perhaps no better method can be given than that in an earlier bulletin of this series:

"Wash one cupful of rice in several waters, rubbing the grains between the hands to remove all the dirt. Put the washed rice in a stewpan with 2 1/2 cupfuls of water and one teaspoonful of salt. Cover and place where the water will boil. Cook for twenty minutes being careful not to let it burn. At the end of this time put the stewpan on a tripod or ring and cover the rice with a fold of cheesecloth. Let it continue to cook in this manner an hour, then turn into a hot vegetable dish. The rice will be tender, dry and sweet, and each grain

"Aloha" Launched;  
Hawaii Surprised

Very few people have heard of a New York yacht, named after Hawaii's pet word, but the following is as interesting as it is surprising:

NEW YORK, March 25.—The new yacht Aloha II., which Commodore Arthur Curtis James, of the New York Yacht Club, had built at the Fore River Shipbuilding Company's yard at Quincy, Mass., was launched there today.

The Aloha II. is the largest auxiliary yacht ever built in the United States. She is 206 ft. over all, 167 ft. on the water line, 35 ft. 6 in. beam, 22 ft. depth of hold, and 16 ft. draught.

The yacht has as decorations in the deck saloon large panels carved in teakwood representing scenes from the Icelandic Volsung saga. The designs are by Mr. Carl von Rydingsward, a Norseman. Above the panels runs a frieze representing the development of the ship from Noah's Ark to the Lusitania.

Two shiploads of teakwood were required for the work on the Aloha II., for not only are the panels carved in that wood, but the deck of the vessel is laid with it.

## IN PRAISE OF MODERN BEAUTY

PARIS, May 20.—M. Rodin, the famous sculptor, has been asked if he does not think that the beauty of classic times far surpassed that of our own, and whether modern women are not far from equalling those who posed before Phidias.

"Not at all," was Rodin's reply. "The artists of those days had eyes to see perfection, while those of today are blind. That is all! The Greek women were beautiful, but their beauty lay also in the mind of the sculptors who represented them. There are today women exactly similar—the women of Southern France especially. The women of modern Italy, for instance, belong to the same Mediterranean type as the models of Phidias."

Rodin also remarked that in the union of the beautiful and the ugly it is always the beautiful that finally gets the upper hand. Nature, by a divine law, constantly returns to the better; it incessantly turns to perfection.

"Again," said Rodin, "beauty is everywhere; it is not beauty that is wanting in our eyes, but it is that our eyes fail to perceive it. Beauty is character and expression."

will separate. During the whole process of cooking the rice must not be stirred. If a tablespoonful of butter is cut up and scattered over the rice when it has cooked twenty minutes, the dish will be very much improved.

The butter is not necessary when the rice is served with India curry but may be included in dishes where less fat is used.

Curry of Veal.

2 tablespoonfuls butter or drippings, 1 1/2 pounds veal, 1/2 onion, chopped, 1 pint milk, 1 tablespoonful flour, 1 teaspoonful curry powder, salt and pepper.

Fry the onions in the butter or drippings, remove and fry the veal until it is brown. Transfer the meat to the double boiler, cover with milk and cook until the meat is tender. Add the curry powder a short time before the meat is done and thicken the milk with flour before serving.

SAUCES.

The art of preparing savory gravies and sauces is more important in connection with the serving of the cheaper meats than in connection with the cooking of the more expensive.

There are a few general principles underlying the making of all sauce or gravies whether the liquid used is water, milk, stock, tomato juice, or some combination of these. For ordinary gravy two level teaspoonfuls of flour or 1 1/2 tablespoonfuls of cornstarch or arrowroot is sufficient to thicken a cupful of liquid. This is true excepting when, as in the recipe on page 23 the flour is browned. In this case about one-half tablespoonful more should be allowed, for browned flour does not thicken so well as unbrowned. The fat used may be butter or the drippings from the meat, the allowance being two tablespoonfuls to a cup of liquid.

The easiest way to mix the ingredients is to heat the fat, add the flour, and cook until the mixture ceases to bubble, and then to add the liquid. This is a quick method, and by using it there is little danger of getting a lumpy gravy. Many persons, however, think it is not a wholesome method and prefer the old-fashioned one of thickening the gravy by means of flour mixed with a little cold water. The latter method is of course not practicable for brown gravies.

Considering the large amount of discussion about the digestibility of fried food and of gravies made by heating flour in fat, a few words on the subject at this point may not be out of order. It is difficult to see how heating the fat before adding the flour can be unwholesome, unless the cook is so unskillful enough to heat the fat so high that it begins to scorch. Overheated fat, as has already been pointed out, contains an acrid irritating substance called "acrolein," which may be readily considered to be unwholesome. It is without doubt the production of this body by overheating which has given fried food its bad name.

Several ways of varying the flavor of gravies and sauces were suggested in the preceding section. One other should be especially mentioned here.

The Flavor of Browned Flour.—The good flavor of browned flour is often overlooked. If flour is cooked in fat until it is a dark brown color a distinctive and very agreeable flavor is obtained. This flavor combines very well with that of currant jelly, and a little jelly added to a brown gravy is a great improvement. The flavor of this should not be combined with that of onions or other highly flavored vegetables. A recipe for a dish which is made with brown sauce follows.

Mock Venison.

Cut cold mutton into thin slices and heat in a brown sauce made according to the following proportions:

2 tablespoonfuls butter, 2 tablespoonfuls flour, 1 tablespoonful of bottled meat sauce (whichever is preferred), 1 tablespoonful red-currant jelly, 1 cupful water or stock.

Brown the flour in the butter, add the water or stock slowly, and keep stirring. Then add the jelly and meat sauce and let the mixture boil up well.

(To be concluded next Saturday.)